**Savoury porridge with kale and bacon**

Serves 2 (1P 1C 1LE)

* 4 rashers streaky bacon
* 75g pinhead oatmeal
* 100g kale or cavolo nero, leaves torn from the stalks and shredded
* 450ml chicken, vegetable or ham stock
* 20g butter
* 3 shallots, peeled and diced
* 1 garlic clove, peeled and chopped
* Sea salt and freshly ground black pepper

1. Heat the grill. Put the bacon on a small baking tray and grill for four to five minutes, until crisp. Keep warm.
2. Put the oatmeal in a sieve and give it a good shake to remove smaller grains. Rinse the sieved pinheads under the cold tap and set aside.
3. Bring the stock to a boil in a medium pan, add the kale and cook for three to four minutes, until just tender. Strain, reserving the stock, and squeeze any excess stock from the kale back into the pan.
4. Put a small saucepan over a gentle heat. Add the butter and, when foaming, add the shallot and garlic, and sweat for two to three minutes, without colouring.
5. Add the oatmeal to the pan, cook for a minute, pour in the stock and bring to a simmer
6. Cook gently for 15–20 minutes, stirring from time to time, until the oats are tender and the stock has been absorbed. You want a loose consistency like that of traditional breakfast porridge, so if it seems too dry, add a splash more stock.
7. Roughly chop the squeezed-out kale and stir through the porridge. Season generously, then spoon into warmed plates or bowls, top with the crisp bacon and serve.